

Title

Emotional Intelligence: Cultivating it within ourselves and our students

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Emotional intelligence in teachers and students translates into the creation and maintenance of classrooms with positive attitudes, team work, empathy, positive leadership, effective conflict resolution, and inspiration. The presentation will cover the domains and competences of emotional intelligence, particularly self awareness, social awareness, self management, and relationship management. Teachers will be empowered to first become aware of the strength and growth areas and then learn to use their competences to create classrooms that foster emotional intelligence. Both attitudes and practical strategies that increase emotional intelligence will be examined.